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Thursday, August 25, 2016

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Military competition

TONY KICCIOTTA/POSTMEDIA NETWORK

The annual Soldiers' Field Day competition took place at Old Fort Erie on the weekend. Staff members were divided into teams and took part in various military drill competitions throughout the day. For the full story see page 5.

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Business trade show hits Fort Erie

RAY SPITERI
Postmedia Network

Niagara businesses will showcase their products and services to the public during a trade show next month.

More than 50 exhibitors are expected to be at the Fort Erie Leisureplex banquet hall Sept. 15 for the Greater Fort Erie Chamber of Commerce's annual free event.

"There are so many hidden gems here," said Katie Marcil, operations manager at the chamber.

"Every year we have people come through the trade show and they're amazed at the number of local businesses that sell products and services they've never heard of."

The trade show attracts up to

500 visitors every year. They get to meet business people and vendors promoting everything from health and beauty, pet care, travel, restaurants, home decor, candy, gift ware, home and office, technology, antiques, organizations, jewellery, business promotion, employment, and financial services.

"It's quite an eclectic collection of merchants, and it's a great way to get your name out there," said Marcil.

"The trade show is not like our chamber networking events; it's a community event, which means your business gets even more exposure."

The trade show will run from 2 to 7 p.m. and will feature vendor tables and displays, demonstrations, free samples, door prizes and giveaways. Parking will also be free.

"For our members, it gives them a very cost-effective opportunity to showcase their products and services to the public," said Marcil.

"And for the public, they get an opportunity for kind of a one-stop shopping type of thing. It's a fun event, and it's an accessible venue to visit and to see a lot of what Greater Fort Erie and Niagara region businesses have to offer."

She said the chamber is still in the process of booking exhibitors.

"It's looking good. It always sells out. There's always a waiting list for exhibitors."

For more information, call the chamber at 905-871-3803.

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Soldiers take to the field at Old Fort Erie

TONY RICCIUTO
Postmedia Network

The colour of a soldier's uniform determined the odds of being shot in battle during the War of 1812.

While wearing a bright red uniform made a British soldier an easy target for the enemy, it was certainly better than wearing camouflage, said Justin Letourneau, supervisor of visitor activities at Old Fort Erie.

"When you are wearing a bright, elaborate uniform and step through the smoke, everyone knows what team you are on so only half the battlefield will shoot at you," he said. "If you are wearing some type of camouflage no one has any idea what team you are on and everyone on the battlefield will shoot at you."

On Saturday, visitors to the fort had an opportunity to watch soldiers and

settlers of the day take part in the annual Soldiers' Field Day competition.

Three teams: Canadian, British and U.S. teams took part in various military drill competitions throughout the day.

The event is a friendly competition amongst the staff. Throughout the summer, Niagara Parks Historical Interpreters are required to learn War of 1812 military drill and cooking techniques as well as have an in-depth knowledge of the war.

Letourneau said at the Battle of Lundy's Lane, the Glenary Light Infantry, wearing green uniforms, were shot at by two separate British regiments because as the soldiers stepped through the smoke, no red uniforms were seen so they were shot.

"At that same battle, soldiers that were wearing grey uniforms, because of the darkness and the smoke, they marched between the lines and were

shot at by their own team for a few minutes," he said. "It can be very confusing. Friendly fire is always a problem."

A musket, known as the Brown Bess, was used during the war and soldiers encountered a number of problems.

"They don't work all the time because you have a piece of stone hitting a piece of steel," said Letourneau. "In perfect condition, it has a one-in-five misfire rate, and it's not very accurate. If you were a good shot, and your target

wasn't running all over the place, you might be able to hit a target 40 yards away. At 200 yards away you might miss the target by about nine feet in any direction."

If 100 soldiers were in line firing, and if only about 80 weapons worked, there would be less of a concern in case of a misfire.

Stark, who lives in Ridgeway, was dressed as a militia officer on Saturday.

"Two Hundred years ago, you would have prominent citizens come out as citizen soldiers,"

said Stark. "They might be doctors, lawyers and maybe even mayors who would come out on the field and be in charge."

Stark has taken part in events at the fort for 22 years and attended numerous functions in the Niagara area and across the province.

"It's a lot of fun because you can take what you have learned, share it with others who have the same interest, and it ends up being a real fun day. The people who are here really enjoy it," he said.

"Some of the kids come up with terrible questions because they have done the research for themselves and it's nice to see them take such an interest. They keep us on our toes."

Letourneau noted many events take place at the fort throughout the year including a Murder Mystery on Sept. 10, an All Hallows Eve Tour on Oct. 22, 28 and 29, and an 80s Night on Nov. 4, that features music, games, karaoke and prizes throughout the evening.

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The
Fort Erie Times

Peter Conradi regional editor
Sarah Ferguson editor

Top picks for last-minute reading before it's time to go back to school

It has become a tradition for the Fort Erie Public Library to note the end of summer holidays and the beginning of school with reading recommendations to help ease the uncertainty of new classrooms and buildings, new teachers and classmates.

We got to meet one of our favourite authors, Alexis O'Neill, when we recommended her books *The Recess Queen* and *The Worst Best Friend* to help middle years children navigate issues in making and keeping friends.

These two books, like all those mentioned in this column, are available in the library collection. The Wonder by R.J. Palacio is a gorgeously illustrated book that affirms the rightness and power of a child's imagination.

Otter Goes to School by Sam Gorton lets the youngest students know about what happens during a school day, while set in the comfortable familiarity of Otter's home.

Leslie Staub's *Show for (Earth) School*, Dewey Dew shows how even the ultimate outsider can make a friend and feel welcomed in a strange school setting. One of the most interesting new picture books about starting school is told from a fresh perspective: how do you think the school building feels on its first day of well, school? Read *Adam Rex's School's First Day* from School to find out.

The TD Summer Reading Program has ended, and thanks are due to all of the sponsors, volunteers and parents who made it possible for children to keep up their reading skills while having fun and earning prizes throughout the summer.

Don't forget the last big event of the summer, the outdoor screening of the new *Jungle Book* movie as a *Show in the Sugarbowl* Park on Saturday. Safari Niagara's *Zooniversity* will bring live animals to the library parking lot or community room at 7 p.m., with the movie starting at dusk, around 8:15.



AMY ROEBUCK
Fort Erie Library

Pick up a September newsletter to learn about the Roald Dahl birthday celebration, the storytimes, and a Pokemon party all planned for the coming month, starting off an autumn season that will continue to get busier and more exciting as the weeks go by. If paper newsletters get lost at your home, ask about subscribing to our newsletter in online format, @FEPL.

Have you read the novel *Room* by Emma Donoghue, or seen the film?

What would you want to ask the author/screenwriter, if you could? Mark your calendars, tell your friends and put it in your phones: on Wednesday, Sept. 28 at 1 p.m., Donoghue will spend an afternoon at the Fort Erie Public Library, Centennial branch. Her visit will include a reading from her latest book *Wonder*, followed by questions and answers, then book sales and signing. This event is sponsored in part by the Canada Council for the Arts.

Donoghue has written much more than *Room*, including *Prog Music*, *Astray*, *The Sealed Letter*, *Slammerkin*, and *Touchy Subjects*, all available in the library collection. The more of her books you read, the more you will appreciate this author's talent, depth and versatility.

Please note that the Fort Erie Public Library will be closed on Monday, Sept. 5 for the Labour Day holiday.

Amy Roebuck is the community services coordinator at the library.

Do you remember?



Our thanks to June Taylor and her son Lawrence for phoning in about last week's *Do You Remember* photo. June, pictured in the photo, and her husband Dary owned a shop in the Fort Erie County Fair Mall called the "Clock Shop". It specialized in handmade cyprus clocks which were produced by both Taylors. Although they had been in the clock making business since 1971, their shop had just opened in April 1981 when this photo was taken. The Clock Shop continued in the same location for several more years. Our thanks as well to an anonymous caller who let us know that the little boy eating ice cream in the previous week's photo was Brian Campbell. This week's photo shows two children proudly displaying their "Awards of Excellence". If you recognize either one or can tell us any more about this photo, please call the Fort Erie Historical Museum at 905-894-5322 or e-mail us museum@forterie.ca.

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OUR LETTERS POLICY

To be considered for publication, all letters must include the writer's full name, address and telephone number for verification purposes. Only your name and the city/town where you live will be published. Please keep your comments to a maximum of 500 words. Submit your letters via e-mail to: sarah.ferguson@sunmedia.ca



TONY RICCIUTO / POSTMEDIA NETWORK

As one fan put it, Canada was closed Saturday night because Canadians were busy watching The Tragically Hip concert. A large crowd was in attendance to watch it on the big screen at Queen Victoria Park in Niagara Falls.

Canada shuts down to watch the Hip

TONY RICCIUTO
Postmedia Network

Thousands of fans poured into Queen Victoria Park in Niagara Falls on Saturday to watch The Tragically Hip on the big screen in their final concert of what could be their final tour.

Even though fans began to arrive early, nearby parking lots were filled to capacity hours before the concert began at 8:30 p.m., and even those who were fortunate enough to find a parking spot had to walk considerable distances.

Some fans decided to watch the concert on a big screen at the Scotiabank Convention Centre on Stanley Avenue.

Amanda Zenga, who walked a considerable distance from Epworth Cir-

cle, attended because she wanted to celebrate with others in the community.

"They are the great Canadian band and I have seen them 14 times, mostly on Canada Day. This is a real emotional night, especially because of the way they are going out," said Zenga. "Not only is this their final concert, but it's a tragic outcome for Gord Downie. Instead of watching it from home, I wanted to watch it from a nice location near the Falls. It's a great way to celebrate the end of a great band and I'm glad that I came out."

The concert, which lasted just under three hours, was held in Kingston, Ont., the place where the band started and finished their amazing chapter in Canadian music history. The

band performed a number of crowd favourites including Nautical Disaster, New Orleans is Sinking and ending with Ahead by a Century.

Ray Waters of Niagara Falls, who attended with his two children, Luke, 9, and Ruby, 7, said he has been listening to The Hip since the late 1980s.

"I wanted my kids to come out and watch this last concert, they might not appreciate it right now, but I'm sure they will remember this years down the road," said Waters. "There will never be a band like this again, they are so distinctly Canadian and most of us connect with them at some level."

Munro Stenabaugh and Kate Timmins, who are from Timmins, were in the

area to watch the Bruce Cockburn concert in Niagara-on-the-Lake on Friday so they decided to stay another night to watch The Hip in Niagara Falls.

"They are a fantastic band, really energetic and they really get the crowd going," said Stenabaugh, who has seen them in concert four times. "People are watching them in parks or from their homes across Canada tonight and we wanted to be a part of it."

James Rutledge, who lives in Welland decided to make the trip into Niagara Falls simply because of the ambience of being across the street from the Horseshoe Falls.

"I'm a big Hip fan, I saw them back in 1997. They are great musicians and great Canadian icons. This is a sad

time for Gord and in watching this a big piece of all our hearts will be going out to him," said Rutledge. "I'm impressed with what they are doing and how they are going out. I salute them all the way."

Holly Clements, who is originally from Kingston but now lives in Niagara Falls, attended with her two sisters-in-law Jessica Clements and Arlina Bellmore.

"They are just good people from Kingston and everybody in town supports them," said Clements, who has met some of the band members and describes them as genuine, down-to-earth individuals.

"Their music is great. It's about our country and it really makes you feel at home when you are listening to it," she said.

Bellmore said attending the concert was "a real cul-

tural experience" so it was worth the inconvenience of having to deal with traffic congestion, large crowds, and paying \$9 for a beer.

The trio caught a ride with their mother-in-law who dropped them off near the Fallsview Casino and they walked the short distance to the park.

Jessica Clements said this concert is "a mark in history and it's something that some day we will be able to talk about it with our children. It's crazy to think that people across Canada are watching this concert. Canada is closed for the night. If you are trying to get hold of a Canadian tonight you won't be able to because Canada is closed and they are busy watching The Hip."

triciuto@postmedia.com



SARAH FERGUSON/FORT ERIE TIMES

The doors to May Wah Restaurant and Tavern are set to close in Fort Erie at the end of the month. The Cheu family made the decision to close the business after Eddie Cheu passed away. Daughter Judy Cheu, and Eddie's wife, Carol, hold a picture of Eddie.

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Restaurant set to close after decades of service

SARAH FERGUSON
Fort Erie Times

After providing 40 years of service to the community, the Cheu family has decided it's time to close the doors to May Wah Tavern and Restaurant.

The locally owned and operated business will serve customers for the last time on Aug. 31.

The end will be a "bittersweet moment," for Judy Cheu and her family.

The decision to close the business was made after the death of Judy Cheu's father, Eddie Cheu, last month, who ran the business with his wife, Carol.

May Wah Tavern and Restaurant has a long history serving meals to the community.

"My grandfather (Pat Cheu) originally started the

business with his business partner, Louis Louie," Judy Cheu said.

"My grandfather had started another restaurant right beside May Wah before the building was here. That building was torn down when my dad finally took over the business four years later. He changed the name to May Wah and built what's here now."

The term "May Wah" means "beautiful" in Chinese.

Cheu said her dad immigrated to Canada from China.

When he arrived, Cheu "wasn't experienced enough" to run his own business so he worked for a number of restaurants in Fort Erie and Niagara Falls to learn the trade.

The repeat customers that visit May Wah Tavern is a

clear indication of the family's dedication to quality meals and customer service, Judy Cheu said.

"My dad was proud of the restaurant. He was always friendly and he loved dealing with customers. He believed in good customer service," Judy Cheu said.

A lot of our customers have become our friends and they are extended family. A lot of them know we are closing so they have come in for one last meal."

Judy Cheu recalled working many hours in the restaurant as a youth with her four siblings, Kevin, Steven, Karen, and Wayne.

"We all had to put in our part working at the restaurant," she said.

"My brother Stephen and myself are still heavily involved in the restaurant

today and my family helps out on the busier days like Mother's Day."

Eddie Cheu always wanted to make meals a special experience for families.

For years, Cheu said her father would "always give a chocolate bar to each kid" that came in with their parents.

"We've had customers who came as children come back with their own children, and my dad would do the same for them. That's one thing my dad always did."

Cheu said she and her family will miss all of their customers and would like to thank the community for its continued support over the course of years.

"It's going to be a big change. What I will miss the most are the customers; the regulars that come in every day."

Plums or prunes? They are the same thing

Yup, a prune is a dried European blue plum. Who knew?

It just so happens, plums are one of the best fruits, fresh or dried, to add to your diet. Even Star Trek's character, Worf, had an addiction to prune juice and he was Klingon.

When I was 16 years old, my friend Lisa and I decided to try the Italian blue plums of old the tree in our backyard, dumped them into two new green garbage cans, stomped them with our bare feet and proceeded to make wine that ended up with such a high alcohol content it would take your breath away while removing paint from the walls.

Ah, the good old DIY days. My grandfather loved plum perogies, the German/Eastern European way. I made a German/Polish plum cake called a Kuchen for the first time I had my grand parents over for dinner in my first apartment. I still have that cookbook and I use it!

There are 2,000 plum vari-



At the Market

ies in the world with about 100 cultivated in North America. They come in an array of colours of skin and flesh from black to green and all shades of red in between. Plums are believed to have been discovered near the Caspian Sea about 2000 years ago.

Plums are one of the best foods to eat after a meal to help with type 2 diabetes by slowing down the absorption of glucose. They're also excellent for high iron absorption due to the high vitamin C content. Perfect for vegans and vegetarians to have in their diets. It sounds like this the only fruit we need in our diets at all.

Stop at the Bridgeburg Rustic



Plums are in season at the Bridgeburg Rustic Farmers Market.

Farmers Market this week and see Harish at Viniki Farms and check out what plum varieties he has to offer and eat one right on the spot. Elsie's will have fresh red plum jam to taste as well.

The Bridgeburg Rustic Farmers Market runs Tuesdays from 11 a.m. to 4 p.m.

Crystal Haverstock is the Bridgeburg Rustic Farmers Market Coordinator.

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Straighter Teeth for Adults

What I have noticed over the years, I have more and more adults over 30, 40 or even 50 are seeking ways to correct their crooked teeth. However, I often encounter a number of patients who wish their teeth were straighter but never asked their dentists about how to correct them because "well, braces are only for kids."

It is true that our children come first in terms of correcting their crooked teeth. They are growing and they are precious to us so we would do everything we can do for them. Yes, majority of orthodontic patients are teenagers. However due to recent development in orthodontic technique, many adults are now starting to look at orthodontic options for their smiles. So what options are out there?

Invisalign

This is probably the most well-known way to correct crowding thanks to the company's marketing strategy. It is a very effective technique and a very popular one. Patients



Dr. John Inigo

6 Month Smiles

Although not well known, 6 month smiles offer a technique to correct crowding or spacing on average within 6 months. You start the braces now and by the time you need to get your teeth checked by your dentist you will have straight teeth. With use of white wires and teeth-colored brackets, the braces are not as noticeable as metal braces. However, this technique is not

for everyone although most people will benefit from it.

Regular Braces

Sometimes, doing conventional braces is the only option for patients. These often take longer than other two techniques, conventional braces are the ideal and gold-standard way to correct your crowding. If you have time and are not too concerned about wearing braces, I recommend this to everyone first, before they decide on Invisalign or 6 month smiles.

Your dentist and orthodontist can help you decide what is best for you. Just remember you don't have to live with crooked teeth just because you are an adult.

Dr. John Inigo is a practicing general dentist in Fort Erie and Ridgeway, ON. He can be reached at Inigo Bertie Dentistry, 905.871.2903 or Inigo Ridgeway Dentistry, 905.894.5555.

For further information and discussion, please visit our official website www.inigodentistry.com.

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Fort Erie Waterfront Strategy

Invitation to Attend Community Workshop #3



September 1, 2016

6:00 p.m.

Fort Erie Leisureplex

The **Town of Fort Erie** has initiated the **Fort Erie Waterfront Strategy** to identify opportunities to improve/augment parks, town-owned land, destinations and attractions along the Lake Erie and Niagara River shoreline. The Waterfront Strategy will provide a long-term vision and contain an action plan with short, medium and long term objectives. As well as an overall strategy for all waterfront lands, more detailed conceptual plans for sites along the waterfront will illustrate opportunities for change.

Please attend the third community workshop on **September 1, 2016** at the **Fort Erie Leisureplex**. The community workshop will begin at **6:00 p.m.** with a presentation, followed by table group discussions.

The workshop will begin with a presentation to review work-in-progress with an overview of the 8 frameworks comprising the Waterfront Strategy, followed by a description of the concept plans for changes to the Bertie Boating Club, the Palmwood at Crystal Beach Waterfront Park, Waverly Beach Park and the Coal Docks. We will also discuss our draft implementation strategy and action plan. Table group discussions will follow the presentation to collect input the concepts for the four waterfront sites.



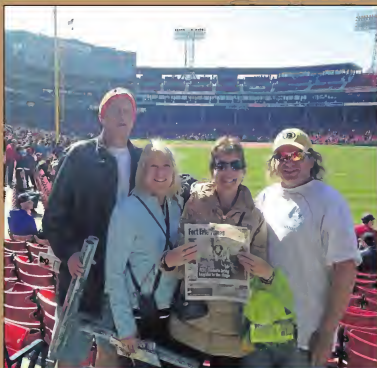
STAY CONNECTED

For more information on the Fort Erie Waterfront Strategy, please contact:

Dave Heyworth MCIP, RPP
Manager-Land Use Policy



Town of Fort Erie
905-871-1600 ext. 2504
dheyworth@town.forterie.on.ca



SUBMITTED PHOTO/SPECIAL TO THE FORT ERIE TIMES

Tommy Brown, Becky Havill, Beth Lewis and David Brown are pictured here at Fenway Park in Boston Massachusetts. They went to Boston on April 18 to cheer on their sister Beth as she ran in the Boston Marathon. They, of course, took a copy of the Times with them. Take a copy of the Fort Erie Times with you on your next vacation and snap a picture. Send your pictures to safeguson@postmedia.com, and include names, the date and location.

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Shows in the Sugarbowl returns this weekend

KRIS DUBÉ

Special to the Fort Erie Times

The Sugarbowl will be overrun by wild animals on the weekend.

On Saturday, the Central Avenue Firefighters Association will host its second Shows in the Sugarbowl, with a screening of Disney's live action movie, *The Jungle Book*.

Guests will also be able to make donations to the cause of the evening, the construction of an arts theatre at the high school at the corner of Garrison and Sunset roads.

Before the animated film starts, Safari Niagara will also be providing an educational session with some of their animals, called "Zooniversity".

In June, the inaugural event took place and *Star Wars: The Force Awakens* was shown to approximately 700 people, says spokesperson Carla Stout.

The Jungle Book will be released on DVD to the rest of the world three days after Saturday's screening. Being licensed through Audio Cine Films Inc., the exclusive Canadian rights representative for many of Hollywood's major studios, it makes the local shows 100 per cent legal.

"People have an opportunity to see the movie before it ends up on their TV screen," said Stout.

Funded entirely by sponsorships and donations from local businesses, Stout says the participation so far has been great - but more is always better.

"What we can do really depends on how the community supports it," said Stout.

The educational session being provided by Safari Niagara will run from 7 to 8 p.m. and the movie will begin shortly after that.



FILE PHOTO/FORT ERIE TIMES

The Sugarbowl was filled with a large crowd for the first Shows in the Sugarbowl, which featured an outdoor screening of *Star Wars: The Force Awakens* in June. This weekend, there will be a second outdoor screening, Disney's live action version of *The Jungle Book*.





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Christopher Hopper knows quite well that there is a first time for everything. It is not only a gifted communicator of God's Word, he is a many ways an entrepreneur and a pioneer as well. Over the years God has utilized Christopher's passionate and creative spirit to start businesses, launch ministries, develop podcasts, create music, and write books. In addition to being a loving husband and devoted father, Christopher is a pastor, an author, a blogger, a songwriter, a musician, a businessman, an innovator, an artist, a mentor and many other things. His love for Christ is contagious. This is Christopher's first opportunity to preach at Church on the Beach and the first time any of our speakers have also led worship in the very same world so there really is a first time for everything.

Worship Leaders: Christopher & Jen Hopper

From their ill when almost black choruses to three ethereal harmonies, Christopher and Jennifer Hopper have been crafting worship experiences for audiences in North America, Latin America, and Europe for over a decade. Their congregational leadership style, dynamic emcee on-stage, and accessible song writing have made them an audience favorite at Kingdom Board, Creation Festival, ISMC Arena, Blue Cross Arena, and all around the world. Christopher and Jennifer serve together in the music department at New Life Christian Church in Waukegan, NY. They were signed to Song Music Label in 2009, and launched their latest worship EP in June. They live with their four children in the 1000 Islands region of northern New York.









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■ Pain in two or more joints. This is what happened to me personally. Ulcers, psoriasis, migraines, sciatica, rheumatoid arthritis, osteoarthritis, gout, and more. Finally, a specially processed shark cartilage helped me. Since then I've had hundreds of thousands of people write me. Nick A. Prescott, British Columbia, Canada. **■ Came out of bed replacement.** I was in pain and limping. I have no more pain now and can square dance for hours. Anne McIntyre, Port Huron, PA. **■ I tried another brand but the pain came back.** Two weeks taking Bell Joint Relief and the pain is gone again. Greg Dugan, Hiram, ON. **■ On our website people write:** "Can walk again for hours." "Can climb without hanging on to railing." "The first 15 years I couldn't sleep at night." Also guaranteed for rheumatoid arthritis and osteoarthritis. Hundreds of testimonials on our website with full names and dates. Shark Cartilage was previously a blow away product of the food industry. My shelves are caught for their cartilage. Don't let anyone talk you out of it.

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■ NEW ROSACEA ROSACEA gone in less than a week. I was fighting it for thirty years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a model has come from drinking. This is a myth. Will take it for the rest of my life when needed. Dr. David G. Gillingham, 35, Windsor, ON. **■ PMS/MS** had severe periods over 30% of my life. For the last five years, I have started every doctor and managed to get rid of many of my periods. After I got Bell Clean Skin, I've never seen anything work as best in my life. Within two days, I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. Jessica Shaver, 22, Dawson Creek, BC. **■ Eczema** For six years, family doctor and dermatologist tried many medications and creams. After taking Bell Clean Skin for just a few days, my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. Andy Kien, 38, Vancouver, BC.

Supreme Immune Booster

■ Immune system for life. I have been taking the Bell Supreme Immune Booster (Product #52) for two years. I am amazed at how it strengthened my immune system. I do not get colds or flu anymore. I am taking this supplement every day. Like a miracle, it strengthens my whole defense system against attacks from bacteria and viruses that do not have to get rid of it as we want to stay healthy. John Grace, 32, Bromfield, MA. **■ I had throat and ear infections repeatedly.** I have had a weak immune system since I was a young child. As soon as the antibiotic medicine was finished, I would have the next infection until the pharmacist recommended Bell Supreme Immune Booster. I have been taking it now for two months and don't need any more antibiotics. Anne McIntyre-Rider, 24, Rosedale, AB. **■ I was surprised realizing that I had no illness all winter.** For the last twenty years, every winter I would usually get two or three nasty colds. I was taking Vitamins C, antibiotics etc., all winter long. Last November, I started taking Bell Supreme Immune Booster and by the end of April, I was shocked to realize for the first time in twenty years, I was not sick at all winter. This product works flawlessly. Derek Debus, 48, Sudbury, ON.

Allergies are a modern epidemic

By Dr. Chakl Hammond, M.H., Ph.D.

What people experience:

■ I tried numerous other remedies all my life but they were not effective. Since I discovered Bell Allergy Relief, I do not have a stuffy nose and itchy eyes when pollen season comes around. I don't have to walk around like a zombie anymore. Leonard Walden, 44, Delta, AB. **■ For twenty years, my life was miserable** with sneezing, watery eyes and sinus pressure year-round on most days. I was amazed. On the third day, all of my allergies were gone. It was like magic. Rocky Garber, 25, Dover, OH. **■ Going without allergic attacks.** I tried all the medications and none worked. After taking one capsule in the morning, I'm completely free of all symptoms. Richard Gower, 54, San Antonio, TX.

Stem Cell Activator

■ Stem Cells activated from our own bone marrow could give our body the best repair, but on our own, and regenerate our skin all over the body and especially our face. Women that look 40 for having well surprised that it visibly improves their facial skin better than creams. **■ In a few weeks I noticed a huge difference** in the appearance of my skin, as some lines and creases were disappearing, leaving a nice polished glow. Barbara Dugan, 42, Phoenix, AZ. **■ Friends remarked** that I don't have the deep lines in my face anymore. One concludes that if the stem cells have such a healing effect on the skin, they must also have a great benefit for all internal organs. I'm young and full of vitality. Diana Parnick, 62, Wood-Rivers, CA. **■ President's statement:** The best taking product #53 for years I still enjoy working full-time. Invariably in a pause when I have given up my age of 84, people comment that I look like I'm in my 50s. Nick A. Jorch

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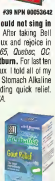
■ Lower back pain relief. I took 2 capsules 3 times a day. The next morning my back pain was completely gone. Healing pad and drugs did not help. Valerie Peoples, 55, Annapolis, GA. **■ Parking ticket officer** had stress relief, no more chest pain, increased blood circulation in cold weather, and my hands and feet are warm now. Joel Phelps, 47, Windsor, ON. **■ For thirty years, I had inflammation** in my foot from ball games. A good turmeric was recommended (Curcumin in an extract). After one day, I had 50% pain relief. I was amazed how quickly it took effect. As a bonus had some health benefits including insomnia relief. Dan Debus, 42, Walden, ON.



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Construction begins on Habitat build

SARAH FERGUSON
Fort Erie Times

Rocio Flores can't help but smile while thinking about what it will feel like to turn the key and unlock the door to her new home for the first time. "I'll feel happy, content and excited," she said.

Rocio, her husband Carlos, and their children, Car-

los Jr., Jackeline, Adriana and Gabriel will move into their new home in Fort Erie when construction on their house is completed in December.

It will be an opportunity for the family to set down roots after the Flores' immigrated into Canada in 2011.

They left their home in El Salvador to flee from gang

violence.

Carlos Flores, a dentist in his home country, is currently going to school to work as a dental hygienist in Canada.

The family is also very active in the community, helping other Latin families settle in Canada.

CONTINUE > PAGE 16



SARAH FERGUSON/FORT ERIE TIMES

The Flores family stands on the site of their future home on Crescent Road in Fort Erie. Construction on the Habitat for Humanity House will begin at the end of this month and they'll be able to move into it in December. A ground-breaking ceremony was held last Wednesday.

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CONTINUED FROM > PAGE 15

The Flores' home is one of two single-family houses that Habitat for Humanity Niagara will build in Fort Erie to help families in need. The second home has been earmarked for an aboriginal family, and applications are

The new homes will be built with the support of individuals and businesses in the community. Commu-

"Owning a Habitat home isn't as simple as getting the keys and walking into a new home," he said.

The goal of Habitat for Humanity Niagara is to provide safe housing to qualifying families living in poor housing conditions and wouldn't otherwise be able to purchase their own home.

***Together with the community, Habitat for Humanity helps build affordable houses that give families the strength, stability and inde-**

Habitat for Humanity Niagara is part of a worldwide network that spans close to 80 countries that has built or repaired 600,000 homes for families in need. The goal of the organization is to rally volunteers and community partners to build affordable housing and promote homeownership as a means to breaking the cycle of poverty.

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Niagara Junior Golf Tour wraps up

The 17-year-old Sir Winston Churchill student Jack Allan fired a 73 to top the junior boys field Monday on the final stop on the 2016 Niagara District Junior Golf Association Tour at Beechwood.

While 16-year-old Niagara Falls resident Sukriti Harjai fired a 70 to finish in first place in the junior girls division.



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New charity to help veterans

SARAH FERGUSON
Fort Erie Times

A British military veteran is fighting to help other veterans in Niagara and across the world.

John Donoghue, with help from volunteers such as Royal Canadian Legion Branch 230 member and Second World War veteran Wray Robbins, and Branch 230 associate member John Hill, recently created a new charity called Bring Th3m Home. The purpose of the charity is to aid veterans in their transition from military service to civilian life.

Donoghue started the charity because he has a "passion for veterans."

"There are many charities that help veterans but they are run by civilians, and Bring Th3m Home is different because it is run by veterans," he added.

According to Donoghue, veterans often face a number of issues when they return home because the transition from military life back into their normal lives can be difficult. Some veterans face homelessness, poverty, post traumatic stress disorder, unemployment, addiction, lack of a safe environment, or may be in need of mental and physical aid.

Donoghue knows firsthand what it's like to live on the streets after serving in the military, and how difficult it is to ask for help.

"I spent two years living on the streets myself and eight years living on the bottle. It wasn't easy," he said.

"Veterans don't like to ask for help, but if the help is coming from fellow veterans, it will make



SARAH FERGUSON/FORT ERIE TIMES

Pictured, from left, is Bring Th3m Home founder John Donoghue, Royal Canadian Legion Branch 230 associate member John Hill, Branch 230 president Barb Hopkins, and Branch 230 member Wray Robbins. Donoghue started the Bring Th3m Home charity to help veterans in need.

it a bit easier."

Thanks to the support provided by a number of local businesses, Donoghue said he was able to transform his van into a mobile outreach unit. He will use the van to deliver warm clothing, toiletries and other items to veterans in need living on the street.

While the charity is currently based out of Branch 230 in Ridgeway, Donoghue said his ultimate goal is to locate a building that can be turned into a shelter for veterans.

"There should be zero homeless veterans everywhere. Nobody knows, but the fact is that there is about 2,000 homeless veterans living in Ottawa and thousands more across the world."

He said he also plans to speak with local and provincial politicians to get them on board with

his initiative.

Robbins said he wanted to become involved with the charity because there are many veterans that receive a pension, yet they find themselves living on the streets, and end up "starving to death."

"I think awareness is slowly growing but we need more. That's why I decided to get involved."

The public can learn more about Bring Th3m Home during a launch party, planned for Sept. 11 at Royal Canadian Legion Branch 473, at 5603 Spring St., in Niagara Falls.

The event will be held from 9 a.m. to 11 p.m. and include a barbecue, and live entertainment.

For more information about Bring Th3m Home call Donoghue at 289-968-9073 or visit Bring Th3m Home on Facebook.

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Limited time offer available from Toyota Financial Services on approved credit. \$4,000 Cash Savings is available on a new 2016 Venza AWD (excluding V6 model) and is comprised of a Cash Customer Incentive and Customer Incentive. \$5,000 Cash Customer Incentive is available and valid to retail customers (excluding fleet) who lease or purchase Venza from an Ontario Toyota Dealership through Toyota Financial Services at a special rate of interest, offered by Toyota as part of a low rate driver program. All included lease and finance offers are special rates. \$500 Customer Incentive is valid to retail customers (excluding fleet) who lease, finance or purchase from an Ontario Toyota Dealership. Cash Savings will take place at time of delivery, include tax and will apply after taxes have been charged on the full amount of the negotiated price. Vehicles receiving Cash Savings must be leased, registered and delivered between August 3 and August 31, 2016. *Based on NADA Automotive's "Total New Vehicle Registrations for the Top Canadian Compact Segment and Full-Size for the North American Compact Segment and Mid-Size Sedan Sales for the Compact Segment during February to July 2016." †Standard offers specific to vehicle purchase offers valid from August 3 and August 31, 2016 are not retroactive and apply to Toyota and Scion vehicles only. Test Drive: New Toyota and Scion vehicles only. Maximum 1 test drive/30 days, 3 test drive/collection per per Aeroplan Member Purchase. New Toyota or Scion vehicle not purchase/lease. Toyota vehicle Double Mile offer eligibility is calculated on vehicle MSRP and MSRP does not include freight, air conditioning charge, taxes, license, insurance, registration, duties, fees, dealer fees or other charges. Toyota vehicles must be purchased, registered and delivered between August 3 and August 31, 2016. Scion XZ must be purchased, registered and delivered between August 3 and August 31, 2016. Service Service offers valid from August 3 to August 31, 2016. Service offer is available only to Toyota and Scion Vehicles. Applies to customer paid Repair Order at Canadian Toyota dealership service center, includes body shop services, no-Repeat Order over-the-counter parts/accessory purchases, warranty/goodwill/ICP related services/parts/labour. Applies to Repair Order opened on or after August 3, 2016. Members will earn 1 mile per threshold of \$2 spent. For example, Members will earn 21 miles for a purchase of \$42.00. Customers must be an Aeroplan Member prior to the completion of the transaction. Offer subject to change without notice. Some conditions apply. See your Dealer for details. Mileage and the Aeroplan logo are registered trademarks of Air Canada Inc. †Dealer Fees may be waived and may be comprised of administration/insurance/lease, VIN Printing, on-kill productivity, cold weather packages or other fees. Fees may vary by Dealer Offer is valid between August 3 and August 31, 2016, and is subject to change without notice. All rights are reserved. Dealer order/lease or not for lease. Dealer order/lease may be required, but may not be available in all circumstances. Please see your participating Ontario Toyota Dealer for full details.

Learn CPR during free training session

KRIS DUBÉ

Special to the Niagara Advance

Heart Niagara wants you to be ready if someone nearby suddenly finds their life on the line.

On Saturday, the non-profit organization that promotes cardiac health education will be holding two free CPR training sessions at its headquarters in Niagara Falls.

The event was originally scheduled to be held at the Market at the Village in Niagara-on-the-Lake but record-high temperatures all summer have moved the lesson indoors.

"We get a few seniors who

come out so it's a little difficult to be training outdoors in that weather," said Anita Fiorentino, Heart Niagara's Resuscitation Specialist and CPR instructor.

The theme of this year's no-cost educational session is 'community safety.'

Florentino says a large percentage of people who attend these classes have had an unfortunate experience of being around someone during a cardiac event and not being able to assist them.

This resonates with people and they want to be ready if they find themselves in a similar situation.

They want the outcome

to be different from most cases.

"That's mostly what we're getting – residents who want to be prepared," said Florentino.

The day will also provide education on the use of an Automated External Defibrillator (AED), an important tool when faced with an emergency.

"We teach the importance of acting quickly and even if it's just a demonstration – people are more confident moving forward," she said.

Participants of the session will learn essential lifesaving skills by using a CPR Anytime Kit under the

instruction of Heart instructors. The kit, which has a value of \$35, is designed to be shared among close family and friends.

For every kit distributed, it is estimated that 2.5 additional people are trained, according to Heart Niagara, an organization that has operated in the region for nearly four decades.

For further information about sponsorship, partnership, or to register for the free CPR training, call 905-358-5552 or e-mail info@heartniagara.com.

Heart Niagara is located at 4635B Queen St. in Niagara Falls.

NP

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ROYAL CANADIAN LEGION

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General Meeting 7:30pm

Wednesday, September 21

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Fun with chocolate



BLAKE FARNHAM/SPECIAL TO THE FORT ERIE TIMES

Youngsters got the chance to have some sweet fun during Chocolate Olympics, a chocolate themed night at the Centennial branch of the Fort Erie Public Library last Wednesday. The event included a chocolate blindfold challenge, chocolate art wars and candy bar relays. Nigh's Sweet Shop donated chocolate and chocolate themed prizes for the event. Many of the prizes were given away at Chocolate Olympics, but some are still to be awarded through Summer Reading Club draws.



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Band: 7-11pm

Next of Kin Band



Dinner

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Call 905-835-6644 to reserve your meal ticket!

OPEN TO THE PUBLIC

Come for the meal, the band, or both!

NRP called to remove submerged car near boat ramp

Niagara Regional Police officers were called to the Crystal Beach boat ramp at 4:55 a.m. Friday after a black Chevrolet Malibu became submerged in the water.

NRP Const. Phil Gavin said a 31-year-old male driver from St. Catharines and two other occupants were inside the vehicle at the time of the incident.

The driver was unfamiliar with the area, and drove down the boat ramp believing it was an exit from the parking lot," Gavin said.

The three people inside escaped through a window. The car floated about 50 feet before it became submerged in four feet of water.

Members of the NRP marine unit attached a tow truck cable to the car and it was pulled out, Gavin said.

The driver of the vehicle wasn't charged.

Two Fort Erie men stabbed

Niagara Regional Police are trying to identify two suspects after two men were stabbed in Crystal Beach last Tuesday afternoon.

Police were called to a residence in the area of Concord Avenue and Helen Street at 4:10 p.m. where two men had been stabbed. One man was transported to hospital and treated for his injuries.

The first suspect is described as a 25-year-old white man, standing six feet tall, with a muscular build, brown hair in a man bun and unshaven. He was wearing a red jacket and shorts.

The second suspect is described as a white man between 20 to 25 years old, standing five feet and eight inches with a slim build, and shaved head. He was wearing a black shirt.

Police say this was not a random incident as its believed the suspects are known to the victims.

This was not a random incident, as police believe that the victims and the suspects are known to each other.

Anyone with information is asked to call the Fort Erie office at 905-688-4111 ext. 2300 with any information.

Man arrested for impersonating a police officer

A Fort Erie man has been arrested for allegedly impersonating a police officer.

Vince Danagher, 50, has been charged with two counts of impersonating a police officer and impaired driving.

Niagara Regional Police say a male accused a Canada Post employee on four different occasions between June 13 and Aug. 8 while the employee was working on his postal route. The man approached the postal worker and demanded his personal mail. He became angry when there was no mail for him.

He then flashed a badge and identified himself as a police officer in an effort to get his mail.

The man entered the Stenerville Post office on Aug. 8 to complain about the postal worker. When filing the complaint, he identified himself as a police officer and flashed a badge.

At the time of the arrest, police say Danagher was operating his vehicle and was impaired. Danagher was scheduled for a bail hearing on Aug. 16.

Police are asking anyone who may have had a similar encounter with the man to call the 5 District Central Investigations Branch at 905-873-2300 ext. 2321.

WWW.FORTERIE TIMES.CA

ONTARIO ENERGY BOARD NOTICE TO CUSTOMERS OF CANADIAN NIAGARA POWER INC.

Canadian Niagara Power Inc. has applied to raise its electricity distribution rates.

Learn more. Have your say.

Canadian Niagara Power Inc. has applied to the Ontario Energy Board to increase the amount it charges by \$4.56 each month for the typical residential customer beginning on January 1, 2017. Other customers, including businesses, may be affected as well.

THE ONTARIO ENERGY BOARD IS HOLDING COMMUNITY MEETINGS

The Ontario Energy Board (OEB) is hosting community meetings so that you can:

- Learn more about Canadian Niagara Power's costs and rate application
- Find out how the OEB will review the application
- Get involved and provide your comments about the application to the OEB

For Fort Erie and Port Colborne Customers

When: Tuesday, September 13, 2016 at 6:30 p.m. (Doors open at 6 p.m.)

Where: Vale Health and Wellness Centre, Golden Puck Room, 550 Elizabeth St., Port Colborne, Ontario.

For Gananoque Customers

When: Wednesday, September 14, 2016 at 6:30 p.m. (Doors open at 6 p.m.)

Where: Royal Canadian Legion Branch 92, 56 King St. E., Gananoque, Ontario.

THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The OEB will hold a public hearing to consider Canadian Niagara Power's request. We will question the company on its case for a rate increase. We will also hear arguments from individuals and from groups that represent Canadian Niagara Power customers. At the end of this hearing, the OEB will decide what, if any, increase will be allowed.

Distributors such as Canadian Niagara Power typically apply for a full review of their rates every five years. Any rate changes for the years in between are made by applying a formula that is tied to inflation and other factors intended to promote efficiency. You may not get notice of future rate changes made by applying the formula.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process.

- You can review Canadian Niagara Power's application on the OEB's website now.
- You can file a letter with your comments, which will be considered during the hearing.
- You can become an active participant (called an intervenor). Apply by **September 6, 2016** or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- At the end of the process, you can review the OEB's decision and its reasons on our website.

LEARN MORE

These proposed charges relate to Canadian Niagara Power's distribution services. They make up part of the Delivery line – one of the five line items on your bill. Our file number for this case is **EB-2016-0061**. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case, please select the file number **EB-2016-0061** from the list on the OEB website: www.ontarioenergyboard.ca/notice. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings – oral and written. Canadian Niagara Power has applied for a written hearing. The OEB is considering this request. If you think an oral hearing is needed, you can write to the OEB to explain why by **September 6, 2016**.

PRIVACY

If you write a letter of comment, your name and the content of your letter or the documents you file with the OEB will be put on the public record and the OEB website. However, your personal telephone number, home address and email address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This rate hearing will be held under section 78 of the Ontario Energy Board Act, 1998, S.O. 1998 c.15 (Schedule B).



Ontario Energy Board
Division des Énergies
et du Climat

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- your wages have been garnished to pay for outstanding debts;
- you pay only interest on service charges monthly and do not make your total debt over every month;
- creditors threaten you for payment, those who sue or represent your car, furniture or television, or hire a collection agency to recover the money for them;
- utility companies cut off service because your bills have gone unpaid.

The world does not come to an end and bankruptcy. With Danny we're helping that time before finding success. Our firm offers free initial consultations.

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ARE THE WINES OVI OR SWEET? Our wines have low antioxidant levels next to the wine names. Most of our wines have a dry finish, but we can adjust the levels to your taste. Just ask.

WHAT ARE TANNINS? Tannins come from the skins, seeds, and stems of the grapes, and also from wood. It gives wine its tangy and character. Tannins are also found in tea.

WHAT ABOUT WINE WITH FOOD? The father featured the food, the more fun he had. He was always a wine lover. A simple answer is that wine with a light body will only be preferred.

WHAT ABOUT WINE WITH CHEESE? Better to go with a white wine, a medium to full-bodied white wine may be preferred.

WHAT ABOUT WINE WITH MEAT? Better to go with a white wine, a medium to full-bodied white wine may be preferred.

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Ask a Lawyer

Q: I don't know who to appoint as my Executor. What should I consider?

A: This is often a difficult decision. Keep in mind that looking after an estate is a lot of work. Your estate trustee will be responsible for all of the legal and financial matters of your estate and for ensuring that your wishes as set out in your will are carried out. Therefore, your Executor should be someone you trust completely, should be someone who can manage the relationships of the family and deal fairly with everyone, they should of course be old enough to complete the work and have the skill sets necessary to devote the time and interest to this task.

Administering an estate can be an enormous amount of work. That's why it is so important that you think carefully before you name an executor, and ensure that they will accept the role.

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What are antioxidants and why are they beneficial to my skin?

We most often hear about how using antioxidants improves our overall health and nutrition, but antioxidants are an essential ingredient for skin health and using them isn't always enough. Here's why. Antioxidants help prevent or delay skin damage caused by oxidants, which are free radicals. Among many other things, free radicals can be caused by radiation from the sun and have the potential to harm cells causing effects like wrinkles, loss of tone and hyperpigmentation. It is reported that up to 90 percent of cosmetic skin problems associated with aging could actually be from sun damage, not the normal aging process. Fortunately, vitamin gives us tools for fighting the damage that free radicals can cause. Here's how to use antioxidants.

Our bodies make them, but antioxidants are also found in plants, pump up the antioxidants in the light against sun damage. You're probably none of antioxidants found in chocolate, raspberry (found in wine), licorice (found in licorice). Other popular antioxidants include Vitamin A, C, and E and Co-enzyme Q10, just to name a few. So this summer, in addition to applying sunscreen, harness the power of topical antioxidants to keep your skin healthy and radiant. Look for them in your skin care products. The more the better!

Article submitted by
 Jennifer Rios, Certified Esthetician
THE ATRIUM SPA
 (905) 871-4141
 31 Jinfa Rd., Port Hope, ON L2A 2P3
 www.theatriumspa.com

ASK THE EXPERT

Q: Why is networking important to my business?

A: Networking is meeting people and having the ability to tell them who you are and what you do in a precise and interesting manner. It is also referring people with a need to other reliable people and businesses and by unsolicited helping others while you actively promote and meet new potential clients and contacts. Your starting point should be to develop a 20-second "informational" about yourself and your business which can be presented to the listener in an interesting manner.

Successful networking is increasing your potential clients and contacts and having others refer business to you. Good networkers are always looking for ways to help other people as well as themselves, because what goes around comes around. Some easy ways to start networking are to join a service club, the local Chamber of Commerce, or a business association. Attending seminars, workshops and trade shows also increases your network, as well as your knowledge.

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Q: What would be the best treatment for a 53 year old male having difficulty sleeping?



Insomnia is usually a symptom of another condition and it may be difficult falling asleep or the inability to maintain sleep (6 to 8) hours, a change in sleep quality, quantity or having difficulty maintaining sleep. Lack of sleep also may affect the person's quality of life (daytime fatigue, concentration, irritability and decrease in the ability to perform certain tasks or activities e.g. driving, or social disability).

Insomnia could be:

Transient: Which may be a result of illness or jetlag, or due to change in day time light or temperature.

Short Term: Due to loss in the family or work related (layoff), stress

Long Term: Due to chronic medical condition e.g. pain, breathing problems, Parkinson's disease etc.

In this case of our male patient was used to working night shift for 25 years and switched recently to day shift. He has not slept for 5 days which has started to affect his quality of life and he has started to become more irritable and is losing concentration.

Recommendations:

- Establish scheduled time for sleep
- Avoid heavy fatty meals at night
- Get ready before bedtime (dim the light and minimize noise)
- Avoid drinking lots of fluids before going to bed especially caffeine and alcohol (due to their diuretic effect)
- Also recommended melatonin (naturally occurring hormone) which helps to regulate the circadian rhythm and improves sleep quality

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Marineland defends condition of walrus

JOHN LAW
Postmedia Network

Photos and videos released last week of a Marineland walrus named Zeus have sparked another round of debate about conditions at the Niagara Falls park.

In a video posted on former Marineland trainer Phil Demers' YouTube page Aug. 15, what appears to be an emaciated walrus is seen on the performance stage looking listless, with his spine sharply protruding on his back.

Demers, who worked at the park from 2000 to 2012, estimates Zeus to be 13 years old, and should weigh at least 3,000 pounds. He doubts the walrus weighs 1,000 pounds in his current condition.

He by far should be Marineland's largest walrus,"

he says, adding the park was "warned" about how large Zeus would grow when he was obtained from Russia about 11 years ago. "This should be a massive animal."

He said watching the video, filmed last Monday, left him "gutted."

A week later, the video has more than 72,000 views on Demers' YouTube page. It has also been shared by animal rights group PETA (People for the Ethical Treatment of Animals) and website The Dodo.

Three days after the video began circulating, Marineland released new photos of Zeus on its Facebook page where he appeared much healthier. A video was also released of him swimming in a pool eating fish.

In a response sent by e-mail to Postmedia Network, Marineland claims "the

allegations against Zeus are completely false" and that he is "healthy, eating well, socially active and in good health."

"These allegations routinely arise when activists groups need publicity and are trying to raise money. They follow a fundraising cycle more than being related to any genuine concerns about the health of any animal."

The park says Zeus "has always been a long and lean animal" and, like all of the facility's walruses, he drops his winter weight in the summer.

"As he has done in past years, he will put on weight as we head into the colder months. On land, walruses appear to be sluggish and slow when moving, but this is due to their size, not their fitness."

The park adds Zeus was checked by the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) "a few days ago," and has



Above is an image taken from recent video footage of Marineland walrus Zeus, showing him in an "emaciated" state, according to former trainer Phil Demers.

been checked by "multiple independent veterinarians during inspections."

"All report that he is healthy."

But Demers says an argument with Marineland owner John Foker about Zeus' deteriorating condition was a huge factor in him eventually quitting his job, and drawing huge media attention to alleged conditions at the park in 2012.

"That was the beginning of the end," he says. Zeus had a chronic regurgitation problem, and was prone to collapsing on stage and not moving. He added the animal was confined to a cramped cage most days. He believes his condition has grown worse.

"Looking at him now, my jaw hit the floor."

Because of the reaction to the video, he's now worried Zeus will make even fewer public appearances.

"It's a double-edged sword," he says. "It pains me to be probably 96 per cent of the reason that they're not going to bring Zeus out any more. His quality of life largely depends on getting out of that barn."

Marineland counters that Demers "has a high-school education," and has "an endless craving for publicity

and funds donated on the back of false complaints."

Demers is being sued by the park for \$1.5 million. Since 2012, the park has launched nine lawsuits against former employees, activists, news outlets and — earlier this year — a California filmmaker.

Demers says he has spent about \$100,000 on court proceedings so far.

He's concerned Zeus will have the same fate as Pandora, another Marineland walrus who appeared thin and eventually died in 2008.

"I don't know how much longer (Zeus) has got, but I've personally witnessed an animal go from what I deemed fairly healthy to dead within 24 hours. It's anyone's guess."

Marineland responds that Demers has "no education regarding walrus health," and that "Zeus' weight is just fine."

"Activists will continue to post misleading information and photos of all of our animals. We will continue to provide accurate information and care of all of our animals."

jlau@postmedia.com



Fort Erie Meteors Invitational



Friday, August 26th 2016

7:00 P.M.	Fort Erie Meteors vs Buffalo Regals	Kinsmen
9:00 P.M.	Pelham Panthers vs Thorold Blackhawks	Kinsmen

Saturday, August 27th 2016

11:00 A.M.	Thorold Blackhawks vs Buffalo Regals	Kinsmen
1:00 P.M.	Fort Erie Meteors vs Pelham Panthers	Kinsmen
6:00 P.M.	Pelham Panthers vs Buffalo Regals	Kinsmen
8:00 P.M.	Fort Erie Meteors vs Thorold Blackhawks	Kinsmen

Sunday, August 28th 2016

9:00 A.M.	Seed 1 vs Seed 4	Kinsmen
9:00 A.M.	Seed 2 vs Seed 3	Jaycee
1:00 P.M.	Winner 1 vs Winner 2	Kinsmen

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WHEN:

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9am Shot Gun Start

WHERE:

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at the FECC- 905 991 8883



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- NO INTEREST FINANCING*

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Communities in Bloom winners



Barbara Bearss won five blooms in the Window Boxes or Planters category.



St. Philomena Catholic Elementary School won five blooms in the Institutional category.



Nancy and Eldon Sears won five blooms in the Circle of Excellence Small category.



McDonalds won five blooms in the Commercial category.



Sharon and Robbie Robinson won five blooms in the Single Residential category.

The Communities in Bloom Awards Gala was held Sunday at the Fort Erie Leisureplex to honour Communities in Bloom competition winners. CIB judges visited a number of homes and businesses in Fort Erie in July to evaluate participants' gardens. For more photos see page 31.



Ridgeway Floral Committee won five blooms in the Village Streetscaping category.

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James and Joanne Pautler won five blooms in the Single Residential category.



Economy Auction Services won five blooms in the Circle of Excellence Medium category.



Harbourtown won five blooms in the Residential Neighbourhood category.

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Claude Collee won five blooms in the Vegetable Garden category.



The Buffalo Fort Erie Public Bridge Authority won five blooms in the Circle of Excellence Large category.

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8:00AM	Opening Ceremony - 100K
8:15AM	100K Ride Begins
9:15AM	Opening Ceremony - 50K
9:30AM	50K Ride Begins
10:15AM	Opening Ceremony - 25K
10:30AM	25K Ride Begins

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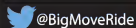
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Region surveys new Niagarans

MARYANNE FIRTH
Postmedia Network

The regional municipality wants to know what's luring people to Niagara.

It has embarked on an extensive project to gather information about the area's draw in hopes of playing off those strengths to create more growth, while also addressing any weaknesses identified as a result.

The \$41,700 undertaking, facilitated by Markham-based realty firm FMA Brethour, includes a homeowner survey, stakeholder meetings, focus groups with new residents, and market surveys and one-on-one discussions with home builders and developers.

The project also includes a new home market review, which will compare Niagara against competitors

in terms of product offering, pricing, property taxes, development charges, and zoning and bylaw restrictions. The review will result in a series of detailed recommendations to help Niagara attract builders and new home buyers to the region.

The region, Regional Chairman Alan Caslin said, has lagged behind other southern Ontario communities in terms of growth, but has recently begun see some uptake, "and we really want to know why."

That growth has come in the form of a housing boom, but "we're also seeing commercial and industrial (sectors) starting to ask a lot of questions around Niagara," Caslin said, "no doubt in part because of the transportation plan we've put in place with buses, trains and

airplanes. I think right now what you're seeing is people appreciating that there's good value in Niagara."

To get to the bottom of the residential draw, a homeowner survey, targeting people who have recently moved to the region, was sent to about 2,500 homes earlier this month.

The goal is to try and develop a profile of the type of people who are moving to Niagara, including demographic information such as age, family size, profession, education and income, as well as the community they're moving from, said Region communications specialist Daryl Barnhart.

The survey also asks questions about various forms of media people use to help determine the best avenues for regional advertisement, he said. Surveys are also being

conducted with home builders to determine why they chose to develop in Niagara, what is working for them and what is not. Conversations are also being had with developers who are not currently building in the area in order to find out why, Barnhart said.

The plan is to have a report and presentation brought forward to regional council outlining the results of the project before the end of the year. Development of a marketing strategy is to begin in 2017.

"It's really good to know why you're being successful and what matters to people, so we can promote those elements that really make sense," Caslin said. The homeowner survey is available online at niagara-region.ca/home-survey.

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Regional Chairman Alan Caslin

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Seasonal GO service in Niagara 'gaining in popularity'

RAY SPITERI
Postmedia Network

Passenger numbers for the ongoing 2016 seasonal GO train service in Niagara have yet to be tallied, however Metrolinx says the service has once again been "well received by customers."

"The seasonal GO train service to/from Niagara is gaining in popularity yearly," said Metrolinx spokeswoman Kim Johnson.

"Both local Niagara riders enjoy the service that takes them into the Toronto area, as well as many Toronto area residents who use the service to enjoy a weekend in Niagara region."

The service has been running between Niagara and Toronto for the last eight years.

As in previous years, the service operated during the Victoria Day (May 20-23) long weekend, as well as throughout the summer on Fridays, Saturdays, Sundays and holidays from

June 24 to Sept. 5.

The service will also operate during the Thanksgiving (Oct. 7-10) long weekend.

Trains run between the Niagara Falls VIA station to Union Station in Toronto, with stops in St. Catharines, Burlington, Oakville, Port Credit and Exhibition.

Connecting express GO bus service runs between St. Catharines and Niagara-on-the-Lake.

"Following the announcement by the province (of year-round weekday GO rail service reaching Niagara by 2021), Metrolinx is working to develop weekday rail service from Niagara to the Lakeshore West in the future," said Johnson.

"Seasonal weekend ridership is mostly for tourism and leisure, while weekday ridership is commuter-based."

CONTINUED > PAGE 38



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- The Placer

"We inspire our youth to know that if they try, they too can be a star"

GO service to reach Niagara Falls by 2023

CONTINUED FROM ► PAGE 37

Commuter service to Niagara is expected to begin in Grimsby and will be expanded through to St. Catharines and Niagara Falls by 2023.

The announcement was made by Ontario Transportation Minister Steven Del Duca June 28 on a packed platform at the St. Catharines train station.

The Niagara GO rail extension, subject to a final agreement with CN Rail, will operate on 60 kilometres of track between the future

Confederation station in Hamilton — for which construction begins next year and will be completed in 2019 — and Niagara Falls.

It will include construction of a new station at Casablanca Boulevard in Grimsby, as well as upgrades to existing train stations in St. Catharines and Niagara Falls.

Those retrofits will begin as soon as summer 2017, said Del Duca.

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Monday, September 12th
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in the foyer at the Let's Skate at 3 Municipal Centre Drive, Port Erie

Saturday, September 24th
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Youngsters learn what it takes to be a first responder

SARAH FERGUSON
Fort Erie Times

It's never too early to learn about fire safety and prevention.

That's one of the messages first responders hoped to reach 20 youngsters during the Fort Erie Fire Department's annual Junior Firefighter Academy, which kicked off last Monday.

The academy is a five-day summer camp that was created to provide children ages 10 to 12 with an opportunity to learn the skills it takes to keep a community safe. It's a free program that is organized by the Fort Erie Fire Department's public education program.

"We're trying to plant the seed in children's minds, and

hopefully in five years or so they might want to become a volunteer firefighter, a police officer, or a paramedic," said Kevin Winney, senior prevention inspector for the Town of Fort Erie.

Winney said the campers visited a number of sites in Fort Erie including the YMCA, the Central Fire Station and Waterfront Park and learned a variety of skills that included how to properly use a fire extinguisher, how to handle fire hoses, first aid, how to tie ropes and knots, and boat safety.

Each May, public education staff members reach out to all of the elementary schools in Fort Erie to invite children to submit an application to the camp. Participants are notified in June that they have been accepted

into the program.

Participants from the previous year are invited back to the camp "to act as mentors" for the younger children.

Winney said the Junior Firefighter Academy is so popular that participants are selected by a lottery system.

"It's a great program," Winney said. "Every year the kids are always so pumped to be here and they are excited."

The program would not be possible without the sponsorship from a number of local businesses and volunteers.

"There is no cost to parents whatsoever and that wouldn't be possible without the support of community partners. Without them, we would be dead in the water," he said.



PHOTOS BY SARAH FERGUSON/FORT ERIE TIMES

About 20 children ages 10 to 12 participated in the Fort Erie Fire Department's Junior Firefighter Academy, which kicked off last Monday. The academy is a free five-day summer camp that was created to provide children with an opportunity to learn about fire safety and prevention.

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Douglas Memorial Hospital Auxiliary helps students succeed

SARAH FERGUSON/FORT ERIE TIMES

The Douglas Memorial Hospital Auxiliary awarded seven first-year post-secondary students each with \$1,000 to help them obtain their diploma in health care studies. From left, Shanna Ingram is enrolled in the Life Sciences program at McMaster University; Marais Walpole, Health Management Information, George Brown College; Chelsea Jackson, Rehab Case Management, Trent University; Megan Winger, Paramedic, Lambton College; Vanessa Laroche, Public Health, Brock University; Celestine Raveenthiran, Nursing, Ryerson University. Douglas Memorial Hospital Auxiliary member Sandra Flake (centre) presented the bursaries to the students Wednesday, Aug. 17, 2016 at Douglas Memorial Hospital Site. Absent from the photo is Hailey Tabbert, who is enrolled in the Kinesiology program at Trent University. The auxiliary has given bursaries to graduating Grade 12 students in the Greater Fort Erie area since 1957. The bursary is available to any student that enrolls in a post-secondary health studies program. For more information, students can the contact student services department at Fort Erie Secondary School, Ridgeway-Crystal Beach High School, Niagara Christian Community of Schools and Lakeshore Catholic High School.



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Rio Vista Retirees results

Special to the Fort Erie Times

The Rio Vista Retirees haven't missed a game yet this year after 17 weeks in spite of the extraordinary type of summer we are experiencing.

There was still a turnout of 50 seniors to test the links.

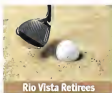
Last week's event was a Best Your Own Handicap to establish who the sand-baggers were for the balance of the year.

The 50/50 draw was won by Mike Whittaker and the hidden hole was the par five first, with only one birdie recorded.

Closest to the pin on the number seven hole was won by Ralph Tangness and 21 guys got their drives onto the green.

There were only six players matching their handicap but there were 17 others beating their handicap. In order to keep everyone honest and on their toes, another Best Your Handicap event was held Wednesday.

Results were not available before the Fort Erie Times press deadline.



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There is always a price to pay for heartburn drugs

DR. GIFFORD-JONES

Pogo, the cartoon character, was right when he remarked, "We have met the enemy and the enemy is us."

A report in the *Canadian Medical Association Journal* shows that North Americans are devouring PPIs (proton pump inhibitors). These drugs decrease the amount of hydrochloric acid in the stomach to ease heartburn. But, as always, medical consumers tend to overdo a good thing and trigger a number of unintended consequences.

Numbers tell the story. A few years ago doctors prescribed PPIs, such as Prevacid, Nexium and Prilosec, to more than four million Canadians and 15 million in the U.S. Now, the number is higher, as some PPIs can be obtained over the counter. The cost? More than \$80 billion. The winners are the owners of big pharma stocks.

PPIs have been available for years and used to ease the burning fire under the

breastbone. This is caused by overindulgence in food and drink, which pushes protein digestive enzymes and bile into the lower part of the esophagus (food tube). This, in turn, triggers gastrointestinal reflux disease, commonly referred to as GERD.

There have always been good and questionable ways to use prescription medications. For instance, some people taking non-steroidal anti-inflammatory drugs or steroids may require long-standing treatment with PPIs to decrease the risk of gastrointestinal bleeding.

So what's the problem? It's that PPIs were meant to be used as a crutch for short periods of time. But, as you might suspect, these drugs work so well that many people depend on them for the long haul. And when this happens, it increases the risk of PPI overdose. As has been aptly said, "Too much of a good thing can be worse than none at all."

So what goes wrong? Fol-

lowing a heart attack patients are often prescribed a blood thinner to decrease the risk of another coronary attack. One blood thinner, when used with a PPI, was associated with a 29 per cent risk of causing another heart attack within 90 days. Not a good trade-off.

Decreasing the amount of hydrochloric acid in the stomach can also cause a serious bowel infection. A study of 272,636 patients from around the world showed that the use of PPIs was associated with increased risk of developing *Clostridium difficile*. This intestinal infection can result in as many as 40 bowel movements daily and can be life-threatening.

Several studies have shown an association between PPI use and osteoporosis (brittle bones) in both men and women. It's postulated that PPIs decrease the absorption of calcium and that increased production of parathyroid hormone leads to increased bone loss.

Most people are well

aware of the importance of calcium. But they are unaware that magnesium is needed for 300 metabolic reactions in the body. Unfortunately, studies show that 32 per cent of North Americans are deficient in magnesium even without the use of PPIs.

But one study showed that those who had been taking PPIs for eight years had an increased risk of fatigue, unsteadiness, numbness, tingling, seizures or an irregular heart rate. Once PPIs were discontinued all these symptoms disappeared.

It's also known that an acid stomach is essential for the absorption of vitamin B12. Studies show that long-term PPI users have a four times greater risk of B12 deficiency. This can result in anemia, depression, decreased taste and tingling in the extremities.

During the last 25 years there's been an alarming increase in esophageal malignancy. It's due to



Omeprazole pills

repeated attacks of heartburn, resulting in chronic inflammation of the lower end of the esophagus, and the start of precancerous changes.

Chronic heartburn reminds us we are quite human. It's a warning signal that it's time to avoid the "all-you-can-eat" syndrome, and the belief that you can get away with overindulgence just by popping a few pills to decrease hydrochloric acid.

Never forget that there is always a price to pay for prescription drugs.

My advice is to avoid GERD by limiting calories, losing weight, stop smoking, limiting the use of painkillers, and starting a sound lifestyle. Remember, fools attempt this at the end of life, while smart people start at the beginning.

See the website www.docgiff.com. For comments, info@docgiff.com

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Shawn McCart from the Niagara Sport Commission, left, Cherry Hill Club president Jim O'Connor, tournament chairman Bill Kerr, director of tournament and business affairs for PGA Tour Canada Scott Pritchard, and Bram Cotton, chief executive officer of the Niagara Sport Commission following a press conference on Monday.

Niagara championship expected to generate more than \$1.2 mil

KRIS DUBÉ

Special to Postmedia Network

Staff at Cherry Hill Club are thrilled to be hosting a PGA-affiliated event next month because they can showcase the course's pristine condition — but also because their friends at the MacKenzie Tour (PGA Tour Canada) were facing a bit of an emergency about six weeks ago.

The private club in Ridgeway will be the venue for the pro circuit's Niagara Championship following the cancellation of an event scheduled to be played in Fort McMurray, Alta., caused by the wildfires that ripped through the community in northern Canada earlier this year.

"We had a group of our peers who lost an event through a tragic situation," said Bill Kerr, tournament chairman and club member.

With the historic course having the infrastructure in place to keep the grounds hydrated during this summer's drought, Kerr said conditions will not be an issue for the 156-player field.

"It's in fabulous shape, the greens are spectacular," said Kerr.

Anyone who has played the 94-year-old track at least once is familiar with its lightning-fast putting surfaces, which Kerr rated 12 out of 10 when it comes to their speed.

"The greens will be the difference maker, I believe, for the players," he said at a press conference held at Cherry Hill Club on Monday.

Kerr, who has held a membership at the prestigious club for five years, says although it is considered one of the best in the country — it's still a bit of a "hidden gem" in Niagara that people usually fall in love with during their first round.

"When you play it as a golfer — there's something special to it," he said.

With about one and a half months to prepare for an event that usually takes a full year — Kerr said club members, the local community and local officials have really stepped up to the tee and hit a beauty down the middle of the fairway so far.

"We've been able to get a lot of work done in a very tight time frame," he said.

The Niagara Sport Commission, a nonprofit regional development agency dedicated to using sport as a catalyst for economic and community development in the Niagara region is also hosting the event.

Bram Cotton, tournament director and chief executive officer of the Niagara Sport Commission, estimates the five-day event (Sept. 6 to 11) will generate more than \$1.2 million for the local economy.

"Hosting events like this, within the sport and tourism

realm, are very important for a region like Niagara," said Cotton.

The Mackenzie Tour-PGA TOUR Canada is a series of tournaments played across Canada each summer, where future golf stars begin the path to the PGA TOUR.

The leading five money winners at the end of each season earn status on the Web.com Tour for the following season, which is the last step before earning an official PGA TOUR card.

Scott Pritchard, director of business and tournament affairs for the MacKenzie Tour said the PGA Tour Canada is thrilled to be back in Niagara — as professional golf has not been in the region since 2010 in St. Catharines — under the former Canadian PGA banner.

"This is the first foray into the area for the MacKenzie Tour-PGA Canada brand.

The 1972 Canadian Open was held at Cherry Hill Club and brought in elite players from that era like Arnold Palmer, Johnny Miller and Tom Watson.

Dudley Hart, a native of Western New York and a two-time PGA winner with \$12 million in career earnings, will also be competing in the field as an honorary exemption.

Admission for each day of play at the upcoming event is free and open to the public.

Summer Worship Services

AUGUST WORKSHOP SERIES

St. John's Stevensville United Church
14768 Sodom Rd., Stevensville, ON

AUGUST 10th-SUMMER SAFETY & ACCESS TO HEALTH CARE TIPS
3:30 - 4:30 PM

AUGUST 31st-FALL PREVENTION & HOME SAFETY TIPS
3:30 - 4:30 PM

Discussion & Refreshments to Follow-FREE

Riverside Community Church

www.riversidecommunitycc.com
905-871-8880
2469 Niagara Parkway

Summer Hours for
Sunday Service:
10:00am



stjohnsstevensvilleunitedchurch.com

Above the massive stone altar at the front of this church one might expect to see a large stained glass window or other artwork. Indeed, the altar is flanked by such windows from two tiny country churches which are now consistent in this congregation. But above the altar there is a huge wooden cross backed by a large clear glass window, looking out on green pastures and hills and trees in the distance. Occasionally, at appropriate moments in the service, perhaps during a hymn or prayer, a flock of Canadian Geese will do a fly past, an inspiring sight in the context of worship. No human artist could produce a window or painting to match this Divine handwork. Sunday worship service 11:00 am; only minutes to Sodom Rd, Fl. Erie, just north of Stevensville, QEW exits 16 & 17.

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Miscellaneous

Miscellaneous

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In Memoriams

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Obituaries Obituaries



KOEHLER, Harry - Harry passed away at the Maple Park Lodge on Tuesday August 16th, 2016 in his 86th year with his loving family by his side. Predeceased by his loving wife Grace. Proud father of Sandy Darke (Ray) of Toronto and Dave Koehler (Denise) of Georgetown. Cherished grandfather of Jason Smith and great grandfather of Alice Grace. Harry was a WW II Veteran. After his discharge, Harry took a job with Canadian National Railroad and ended his career as an Engineer in 1963. **BENNER FUNERAL SERVICES**, 1105 Benner Ave., Fort Erie entrusted with arrangements. A private family service will take place at a later date.

CUTLER, Joseph P. - On Thursday August 18, 2016, Joseph passed away peacefully, at home on his farm, surrounded by his family at the age of 88. Beloved husband of Ruth for 54 years. Dear step-father of Isobel (Charles), Donald (Lili), Neil (Gemma) and Alistair (Diane). Also survived by 10 grandchildren and 8 great-grandchildren and several cousins. Predeceased by sisters Isabelle and Anna. **WILLIAMS FUNERAL SERVICES** 722 Ridge Rd. North, Ridgeway, entrusted with arrangements. Visitation was held at the funeral home on Sunday August 21st from 2-4 p.m. Funeral Service was held at Windmill Point Church, 560 Storemilk Rd., Ridgeway, on Monday August 22nd at 1 o'clock. Interment followed in the churchyard. For those who wish, in lieu of flowers, memorial donations may be made to the Salvation Army.

In Memoriams

In Memoriams



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In Loving Memory of the greatest Father and Grandfather, who passed away 13 years ago August 24, 2003.

We never asked for miracles
 But today just one would do
 To see the front door open
 And see our dad walk through.
 We miss his smiles, his kindly ways,
 With him we spent some happy days
 His nature was giving and loving
 His heart was made of gold.
 And to us who loved him
 His memory will never grow old.

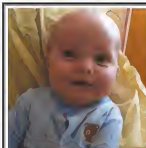
Always missing you dad,
 Your loving daughters Judy Ann & Tammy
 Son-in-law Jeff, Granddaughter Kirstie

CHESTER WELLS

In loving memory of a wonderful Husband, who passed away 13 years ago on August 24, 2003.

As I sit in Heaven
 and watch you everyday
 I try to let you know with signs
 I never went away
 I hear you when you're laughing
 and watch you as you sleep
 I even place my arms around you
 to calm you as you weep
 I see you wish the days away
 Begging to have me home
 So I try to send you signs
 so you know you are not alone
 Don't feel guilty that you have
 life that was denied to me
 Heaven is truly beautiful
 Just wait and see
 So be your life, laugh again
 Enjoy yourself, be free
 Than I know with every breath you take
 you'll be taking one for me

Lovingly remembered
 Forever and always
 Your wife Lynda



Matthew Benjamin Marley
 December 10, 2014 - August 23, 2015

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